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# Health and food Program for Club Members

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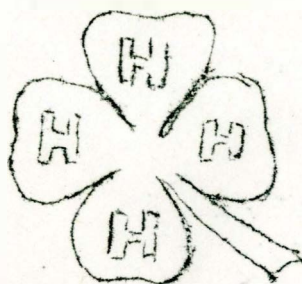
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HEALTH AND FOOD PROGRAM  
For Club Members

by

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Cooperative Extension Work in Agriculture  
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culture Cooperating.

## HEALTH

The Club ensign, the four leaf clover with an H on each leaf stands for training the Head to think, to plan, to reason; the Hand to be useful, to be skillful; the Heart to be true, to be loyal, to be sympathetic; and to learn to play the health game so that Health will follow.

Health means more than freedom from sickness. It means vigor, a feeling of energy and strength and joy in living. It gives a reserve of strength to meet emergencies which may come to every one. This kind of health cannot be bought or can not be neglected and then expect to have it all at once by doing the right thing. If you neglect an automobile; run it without oil or water, use it harder than it should be used until it is out of order and running poorly you cannot expect it to give you as good service as though you had taken good care of it from the beginning (even though you suddenly decide to take good care of it.) The same with the body; start to take care of it when the body is new and that is when we are boys and girls. For the very best health, learn the Health game, till it becomes a habit. A habit is doing a thing without having to think about it.

Is there a boy anywhere who does not want to be strong and athletic or a girl who does not want to be as beautiful and attractive as possible? It is only natural to want these things and the only way to get them is to keep your bodies healthy. That can be done by playing the Health game for Health like happiness, is to a large extent a matter of habit. Habits can be acquired.

### Rules of the Health Game

1. A full bath oftener than once a week.
2. Brushing the teeth at least once every day.
3. Sleeping long hours with windows open.
4. Drinking as much milk as possible but no coffee or tea.
5. Eating some vegetables and fruit every day.
6. Drinking at least four glasses of water a day.
7. Playing part of every day out of doors.
8. A bowel movement every morning.
9. Stand tall. Sit erect.

### Why the Rules of the Health Game should be Practiced.

Bath - Considerable waste matter of the body passes out through the pores of the skin. If these pores become clogged other organs have to do this work and may become overworked. Sometimes these organs can not do this extra work and the waste matter accumulates in the body. Pimples are sometimes due to the body trying to get rid of waste matter. Bathing makes the skin soft and attractive looking and keeps it from having a bad odor. At least one full bath a week is necessary.

Brushing the Teeth - Nice white teeth are beautiful to see. Brushing at least once a day is necessary to keep the teeth clean and

help prevent decay.

Sleep - Sleep is necessary to restore the body after it becomes tired. Without sufficient sleep the body does not get complete rest for the next days activities. The body uses the oxygen from the air in the process of rebuilding itself and can only get enough of it by getting it from the fresh air. Therefore one should sleep with the windows open. The only night air that is injurious is last night's. Open the windows and let it out.

Sleep Requirement (By Dr. Wood)

Age	Hours of sleep
10-12	11
12-14	10½
14-16	10
16-18	9½
18	9

Stand Tall - Sit Erect - All parts of the body must be properly adjusted to each other so they can work together to the best advantage. If one habitually takes a bent over position in sitting or standing the lungs, heart digestive organs and other organs are crowded together and hence must work at a disadvantage. This crowding of the organs not only interferes with the normal action of the internal organs, which effect health, but also interferes with the individual's appearance. Who ever saw a striking looking soldier or athlete stooped shoulder or bent over? Equally does stooped shoulders, bent over posture detract from a girl's appearance. Hays says, "Stand up straight! There's a lot more ahead of you than there is on the ground."

Play a Part of Every Day Outdoors - For the best growth and development exercise is needed. There is no better exercise than good vigorous play out of doors. Have some every day, for all work and no play makes Jack a dull boy.

Get Rid of Waste Matter - The waste matter which accumulates in the intestine should be gotten rid of every day, otherwise some of the poisons contained in it will be absorbed. This will produce a staid feeling, headaches, and sometimes pimples and a muddy looking skin. One good bowel movement every day is needed to keep the digestive tract clean. Form the habit of visiting the toilet every morning at the same time.

Form Good Food Habits - Proper feeding is one of the chief factors in health. Our bodies are largely the result of what we take into them. Club boys and girls feeding pigs or calves know that the feeding to a very large extent determines whether it is to be a prize winner or not. Eating the right things will do equally as much for the boy or girl. We all know that the boys and girls need a variety of foods to supply all kinds of growing material needed and that they cannot grow without having all the requirements.



furnished. Every day the diet should contain some of each of the following types of food to be adequate.

Milk  
Vegetables and fruits  
Bread, cereals, and other grain products.  
Eggs, fresh fowl, meat or their equivalent.  
Fat.

Milk, vegetables, fruits and cereals are more necessary than meat and should be provided first.

I. MILK is often times called the "Perfect Food," because it supplies all the nutrients - It furnishes:

- a. Lime and other minerals for building the bones and teeth.
- b. Protein for building and repairing body tissues.
- c. Vitamins which are essential for all health and growth.
- d. Fat for fuel.

Every boy and girl ought to have one quart of milk a day because this food is so easily built up into body tissues. Every boy or girl must have at least one pint of milk a day to make sure all the necessary lime be supplied to build good teeth and bones. Do not drink coffee or tea. They take away the appetite for foods which make for growth and they have no food value at all.

For adults milk could, to good advantage, take the place of some meat in their diet. At least a cup of milk should be taken by the grown person as a beverage or in food.

"They meeney miney no,  
Catch a thin boy by the toe  
Put him on the scales to see  
If he's as healthy as he should be,  
If he's not what he should weigh  
Give him a quart of milk each day."

"Mary, Mary, my pretty maid  
What makes your red cheeks glow?  
It's milk each day  
And outdoor play  
And early to bed I go."

II. VEGETABLES AND FRUITS - should be an important part of the every day's diet. They are especially valuable for the mineral matter, vitamins and bulk they furnish. Greens are especially rich in iron which is needed for the blood. These foods are also needed to prevent constipation and to keep the digestive tract in good working order.

III. BREAD, CEREALS, and other products should furnish a considerable part of the food required by the boys and girls. These foods supply the body with heat and energy, as well as providing some building material. The cereals or coarse grain products such as rolled oats, graham flour are also valuable for their bulk and mineral content.

## Cereals

"Sing a song of cereals,  
Rice and barley sweet,  
Macaroni, corn meal,  
Oatmeal and whole wheat  
Coarse and simple grain foods,  
Better than white flour  
Give us lime and iron  
To build up strength and power."

IV. THE GROUP OF FOODS INCLUDING EGGS, FRESH FOWL, MEAT are rich in protien, the material needed in building and repairing body tissues. Where plenty of milk and an egg are used less meat need be given. Many people eat more meat and less milk than they should.

V. EAT is a fuel food and is very necessary in the diet. Cream and butter are very rich in vitamin A which is absolutely necessary for health and growth. For this reason boys and girls should have "whole milk" and lots of butter for their bread.

Fried foods should be avoided because the digestion of the food fried is retarded and thus overtax the digestive system.

VI. EATING TOO MUCH SUGAR OR SWEETS impairs the appetite so one cannot enjoy mild flavored foods. Also an excess of sugar is harmful because of its tendency to ferment and thus cause digestive disturbances. Sweets of whatever nature should be eaten at the end of a meal never at the beginning or between meal because they spoil the appetite for the more necessary foods.

"Tommy has a tummy which he stuffed with lollipops,  
Chocolate and soda, taffy and gumdrops.  
Tommy has dyspepsia now, Bright's disease, and gout  
And the Gobble-uns'll get you, if you don't watch out.

"Said dapper Mr. Date to dried but sweet Miss Fig  
"Why is it Master Jimmy is so healthy and so big?  
Said she, "upon cheap goodies he never spends his money;  
He eats, raisins, figs and dates; maple sugar and pure  
honey."

## Good Food Habits to Acquire

Eat at regular times  
Be happy while eating  
Chew thoroughly and eat slowly.  
Eat a good breakfast  
Eat a plentiful lunch  
Eat a simple supper  
Eat sweet foods and candy only at end of meal.  
A quart of milk a day if possible.  
Eat some vegetables other than potatoes  
Fruit at least once a day  
A green or coarse vegetable every day  
Learn to like all vegetables  
Drink no tea or coffee  
Eat an uncooked food.

There was a little girl  
And she had a little curl  
Right in the middle of her forehead  
When she chewed her food  
She felt very, very good  
When she swallowed it whole  
She felt horrid.

Good Food

Tune: America

"Good food, it is of thee  
Food of good quality,  
Of thee we sing  
Of milk and eggs and rice  
Of vegetables so nice  
You're surely worth the price  
That you may bring."

# An Index to Health

Your weight for height and age and the rate of gain is the best index to your general health. From the following table find out what you should weigh and the rate of gain for the next six months. Mark this on chart provided for this purpose. Then weigh and mark on chart. Weigh regularly every month and mark according to directions on back of chart. Are you gaining at the rate you should? If you are not you can do so by playing the Health game right.

Height and Weight Table for Girls

Height Inches	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
47	53								
48	55	56							
49	57	58							
50	59	60	61						
51	62	63	64						
52	65	66	67						
53	68	68	69	70					
54	70	71	72	73					
55	73	74	75	76	77				
56	77	78	79	80	81				
57	81	82	83	84	85	86			
58	85	86	87	88	89	90	91		
59	89	90	91	93	94	95	96	98	
60		94	95	97	99	100	102	104	106
61		99	101	102	104	106	108	109	111
62		104	106	107	109	111	113	114	115
63		109	111	112	113	115	117	118	119
64			115	117	118	119	120	121	122
65			117	119	120	122	123	124	125
66			119	121	122	124	126	127	128
67				124	126	127	128	129	130
68				126	128	130	132	133	134
69				129	131	133	135	136	137
70					134	136	138	139	140
71					138	140	142	143	144
72						145	147	148	149

(By Dr. Thomas D. Wood)

## About What a Girl Should Gain Each Month.

Age		Age	
5 to 8	6 oz.	14 to 16	8 oz.
8 to 11	8 oz.	16 to 18	4 oz.
11 to 14	12 oz.		



# Height and Weight Table for Boys

Height Inches	10 Yrs	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
47	54								
48	56	57							
49	58	59							
50	60	61	62						
51	63	64	65						
52	65	67	68						
53	68	69	70	71					
54	71	72	73	74					
55	74	75	76	77	78				
56	78	79	80	81	82				
57	81	82	83	84	85	86			
58	84	85	86	87	88	90	91		
59	87	88	89	90	92	94	96	97	
60	91	92	93	94	97	99	101	102	
61		95	97	99	102	104	106	108	110
62		100	102	104	106	109	111	113	116
63		105	107	109	111	114	115	117	119
64			113	115	117	118	119	120	122
65				120	122	123	124	125	126
66				125	126	127	128	129	130
67				130	131	132	133	134	135
68				134	135	136	137	138	139
69				138	139	140	141	142	143
70					142	144	145	146	147
71					147	149	150	151	152
72					152	154	155	156	157
73					157	159	160	161	162
74					162	164	165	166	167
75						169	170	171	172
76						174	175	176	177

(By Dr. Thomas D. Wood)

## About What a Boy Should Gain Each Month

Age		Age
5 to 8	6 oz.	12 to 16
8 to 12	8 oz.	16 to 18
		8 oz.

## To Illustrate How Weight Record is Kept

Francis Jones is 13 years old, upon measuring she finds that her height is 56 inches and that she weighs 73 pounds on March 15. She finds upon looking at the table that for a girl thirteen years old and 56 inches tall the average weight is 80 pounds.

She also finds that the average gain for her age is about 12 ounces or  $\frac{3}{4}$  pound a month. Marking in this gain on the chart and connecting them gives the average weight line or gain to be expected for the next six months. (See weight chart below)

At the second weighing, Francis weighed 73 $\frac{1}{2}$  pounds, at the third weighing 73 $\frac{1}{2}$ , at the fourth weighing 74, at the fifth 74 $\frac{1}{2}$ , at the

sixth weighing 75½, at seventh weighing 76½. This dotted line shows Francis' weight line or her growth line for the six months. The first part of the growth line shows that she is not growing as well as she should, but when she began to play the Health Game and living up to the rules every day, her gain increased steadily.

# Weight Record Card

NAME Francis Jones

ADDRESS Brookings COUNTY Brookings

Age: Years 15 Months     

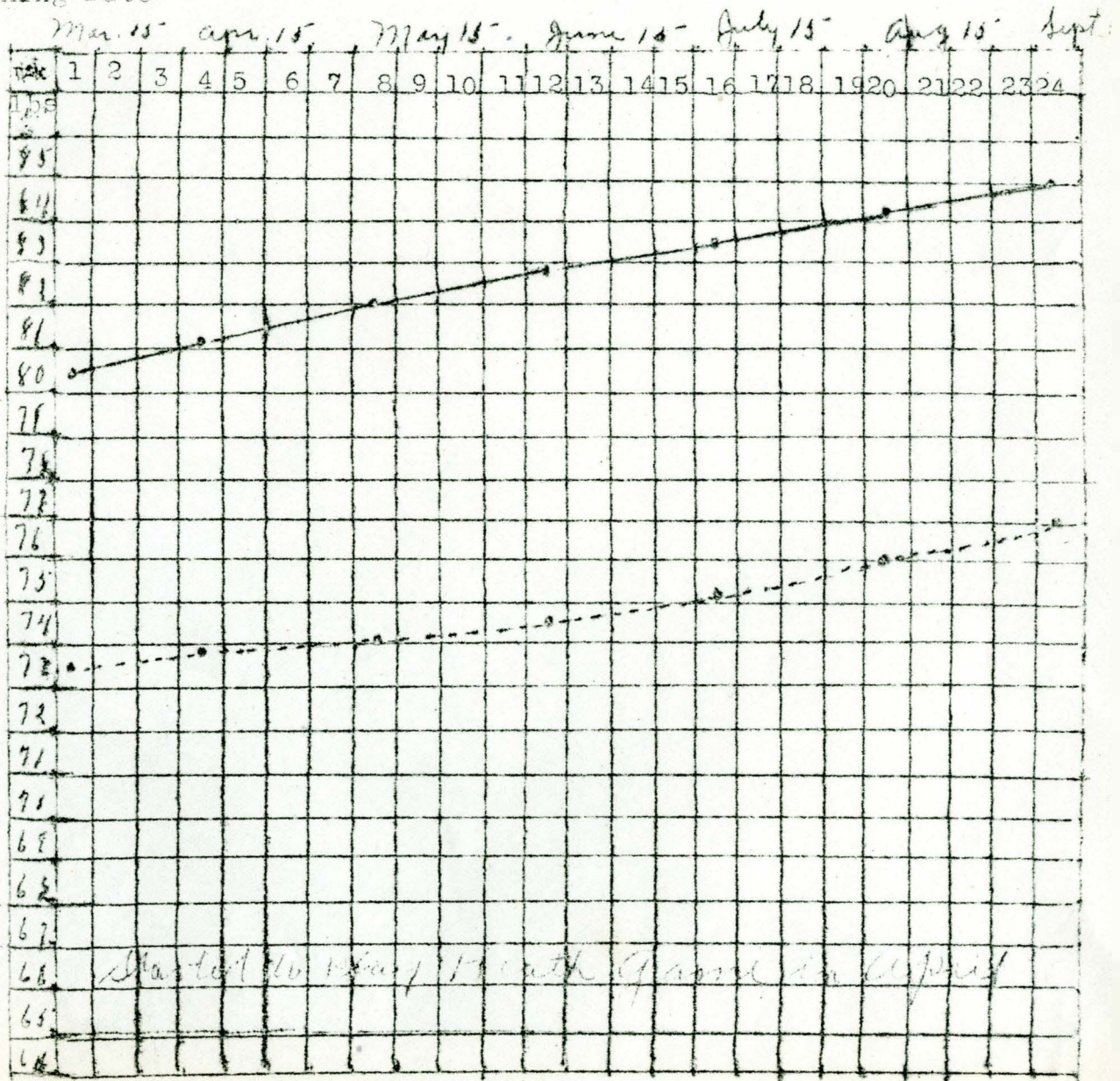
Average weight for height 80

Height Inches 56

Weight Pounds 72

Club Project Food

Weighing Date





### Suggestions for Fun Program

Side Street - Sides are chosen by two leaders. Everyone stretches arms out shoulder high, touching with the finger tips the shoulders in front. Longest line wins.

Lung Capacity - A line is stretched across the room about six feet from the floor. At a signal a feather or toy balloon is blown into the air each side trying to blow it over into the territory of the opposite side. A point is won every time the feather or balloon touches the floor or a person.

Yard Dash - Race pushing pennies along a yard stick with toothpicks.

Good or Bad - One person stands in the center of the group and calls out "Good food or Bad food" and at the same time points a finger at some one in the circle and counting quickly to ten. The person pointed at must answer to "Good food" with milk, for instance. If bad food is called for it must be answered by some food which is not healthful such as pie. If an answer is not given before 10 is counted the person failing to answer must forfeit her place and be "It."

Apple Relay - Form two lines. Give an apple and a spoon to the head of each line and let them race to the end of their line and back again without losing the apple from the spoon, which would compel him to start over again. Returning he passes the apple and spoon to the next person who races for the goal. After his task is done he takes his place at the end of the line. The line getting through first wins.

Allow a certain length of time, say 10 or 15 minutes for writing parodies on Mother Goose Rymes, songs, poems, etc., bringing out some point in regard to Health or food habits. Write an original one if you can. When the time is up, parodies are exchanged and read.

Song -- (to the tune of "Clementine,")

In the morning for my breakfast,  
I eat my cereal and fruit,  
Milk or cocoa, bread and butter,  
These are the things that breakfast suit.

Chorus: I'll wash my face, I'll wash my hands,  
And my clothes keep clean and neat,  
For I must remember these things  
When my breakfast I would eat.

In the midday at my dinner,  
Vegetables green I'll choose  
Bread and butter, milk or cocoa,  
Or my rosy cheeks I'll lose.

Chorus: (Change last line to  
When my dinner I would eat.)

In the evening for my supper,  
When I'm ready for night's rest  
Bread and butter, milk or cocoa  
And food cooked with milk is best.

Chorus: (Change last line to  
When my supper I would eat.)

(Tune of Katy)

Ch-ch-ch-chew, chew  
Thoroughly chew, chew  
Every bit of f-f-food  
You got to eat  
If you s-swallow  
In a big hurry  
You will suffer  
For those ch-ch-chunks of meat.

B-b-b-bed time,  
Come, it is bedtime  
Yes, it's early b-b-but  
We're on our way;  
When the m-morning  
Comes with the sunshine  
We'll be waking  
At the b-b-b-break of day.

W-w-w-window,  
Open the window,  
That's the only w-w-w-way  
To get fresh air,  
When you are inside,  
Waking or sleeping,  
Just be certain  
That you g-g-got your share.

S-s-s-sneezing,  
Carelessly sneezing,  
Then there comes the c-c-c-cough  
And then we scold  
Please be c-careful  
Coughing and sneezing,  
Or we'll all of us  
Be c-c-c-catching cold.